



TeenDrivingPlan Practice Guide

Welcome to the *TeenDrivingPlan Practice Guide* and congratulations on being serious about supervising your teen's practice driving. You are preparing your teen for an exciting and dangerous milestone – driving. High quality practice driving is critical because a major reason why teens crash is their inexperience behind-the-wheel. Research shows that drivers need a variety of practice in a wide range of driving environments to prevent them from committing dangerous driving errors. However, many teens do not get this kind of practice. To address this problem we developed the [TeenDrivingPlan \(TDP\)](#), a web-based intervention to help parents effectively supervise their teens' driving practice.

1. Welcome and Introduction
2. Driving Environments
3. Videos by Driving Environments

A randomized-controlled trial found that teens with families that followed the TDP program were **65% less likely** to make dangerous driving errors. These families also increased their variety of practice to boost driving performance.

The *TeenDrivingPlan Practice Guide* includes information and tools from the TDP program to help families make the most out of their practice time together:



VIDEOS

The [videos](#) help parents learn to be better supervisors. Parents learn about [creating the right learning environment](#), specific practice activities, common errors, and signs teens are starting to get the hang of it. (You can watch the videos even before your teenager has his or her permit.) Access the videos by clicking on their images in this document or by visiting the [TeenDrivingPlan Channel](#) on YouTube.



GOALS

The [Goal Guide](#) will help remind you of your goals for each drive. A portion of the practice drives should be focused on learning a specific goal or goals. We recommend no more than three goals per driving session. You can print the Goal Guide to keep in your car or download it to an electronic device [here](#).



LOG

The [Logging and Rating Tool](#) helps families track their practice by driving environments and record where their teens need more work. Experts agree that novice drivers need somewhere between 65 to 120 hours of supervised driving practice, but there is more to learning than just how much you practice. You can print the Logging and Rating Tool to keep in your car or download it to an electronic device [here](#).

We recommend providing constructive and realistic feedback to your teenager for each drive. Since these conversations can be sensitive, [watch these videos](#) for parenting tips on communicating with your teen.

This Guide also includes tip sheets for [Making the Most of the Learner Period](#) and [The Intermediate Period](#).

Disclaimer: The content presented in *TeenDrivingPlan Practice Guide* is adapted from the web-based version of the *TeenDrivingPlan*, which is not yet publicly available. This guide is not intended to replace formal instruction by a qualified driver instructor. *TeenDrivingPlan Practice Guide* (2016). [Center for Injury Research and Prevention, Research Institute at The Children's Hospital of Philadelphia.](#)

Driving Environments



Research shows novice teen drivers need practice in a variety of environments to improve driving performance. The following three skill deficits account for nearly half of all serious crashes involving teen drivers:

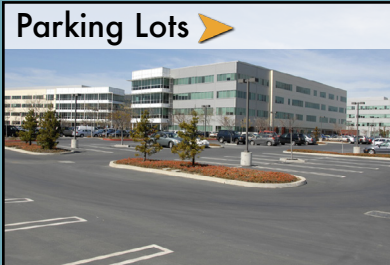
- inability to scan, identify, and react to hazards
- difficulty managing speed on different types of roads and conditions
- difficulty managing distraction, both inside and outside the car

Watch these videos to learn how you can help your teen develop the skills to overcome these deficits:

DRIVING ENVIRONMENTS

Provide plenty of practice in all of the driving environments.

Parking Lots ➤



Residential Roads ➤



Intermediate Roads ➤



Commercial Roads ➤



Highways ➤



Country Roads ➤



THE BASICS ➤

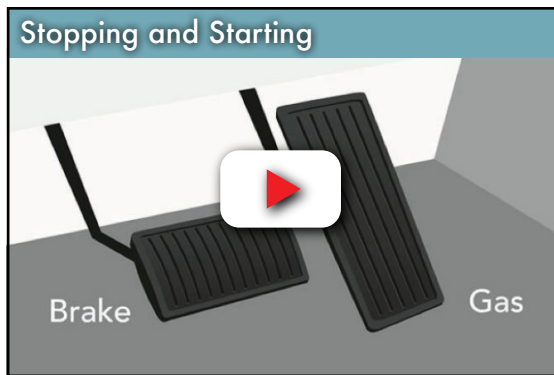
Help your teen learn how to adjust the seat, mirrors, seat belt, and steering wheel and understand the dashboard.

ADDITIONAL CHALLENGES ➤

When your teen is ready, try adding real world challenges to the practice drives.

Look for large empty lots in an industrial park or public facility during closed hours with no traffic, parked cars or pedestrians and with minimal obstructions. Schedule practice during the day with dry pavement and no adverse weather.

Parking Lots: Videos 1 & 2 (of 4)



Goal:

Help the new driver learn to stop, start and turn the vehicle.

Activity:

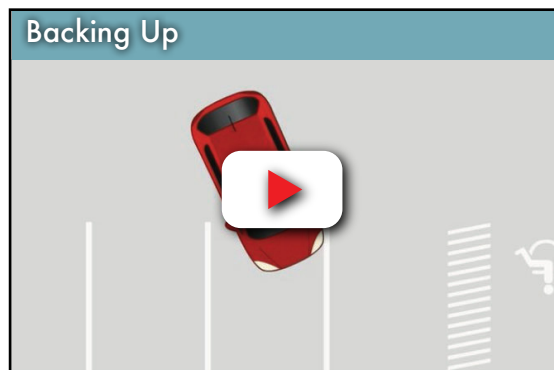
Using boxes, cones, or existing lines as landmarks along an "L" shape, drive up to each landmark and stop as smoothly as possible. Continue this until the new driver stops and starts smoothly. Also concentrate on turning without over steering.

Common Errors:

- Abrupt stops and accelerations
- Turns that are too tight or wide
- Turning before looking in the direction of the turn
- Too tight of a grip on the steering wheel

Sign Learner Gets It:

- Operates the car smoothly with control



Goal:

Help the new driver master the skill of backing up.

Activity:

Practice the steps involved in backing up in an empty parking lot without any obstructions.

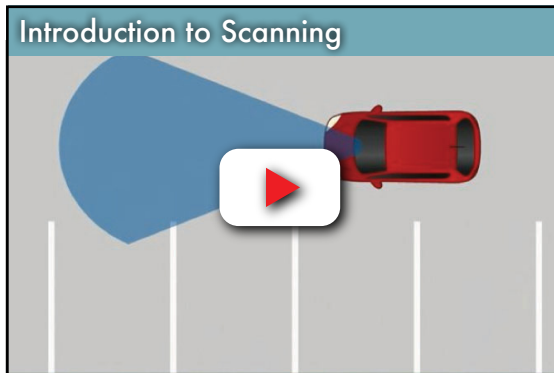
Common Errors:

- Not doing a 360 degree search prior to backing up
- Failing to look back during the whole maneuver, until the car is stopped
- Driving at too high a speed

Sign Learner Gets It:

- Backs up slowly and with control, knowing what's around the vehicle at all times

Parking Lots: Videos 3 & 4 (of 4)



Goal:

Help the new driver develop a scanning routine.

Activity:

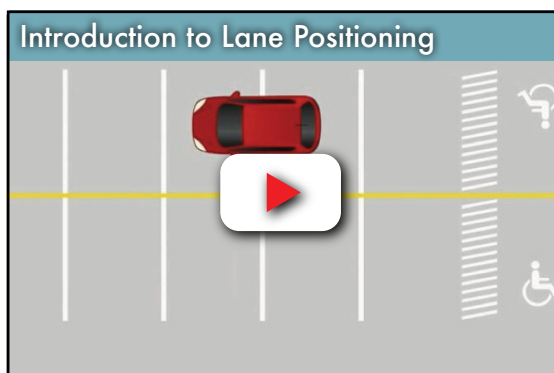
Practice the scanning routine recommended by your driver's instructor. It may be a variation of side mirror – rear view – side mirror – up ahead. Check blind spots periodically and always before turning.

Common Errors:

- Forgetting to scan
- Concentrating too much on scanning and failing to look ahead
- Turns steering wheel when head moves to scan

Sign Learner Gets It:

- Develops a scanning routine and uses it consistently



Goal:

Help the new driver keep the vehicle lined up in the center of the lane.

Activity:

Using markings in the parking lot or imagining a yellow line, practice driving straight.

Common Errors:

- Too tight of a grip on the steering wheel
- Fixating too much on the line and not watching up ahead

Sign Learner Gets It:

- Can easily follow a line and keep the car steady

Look for a quiet residential neighborhood with very little traffic and few parked cars, pedestrians, lane markings, and intersections. Schedule practice during the day with dry pavement and no adverse weather.

Residential Roads: Videos 1 & 2 (of 8)



Goal:

Help the new driver control how fast the car should be traveling.

Activity:

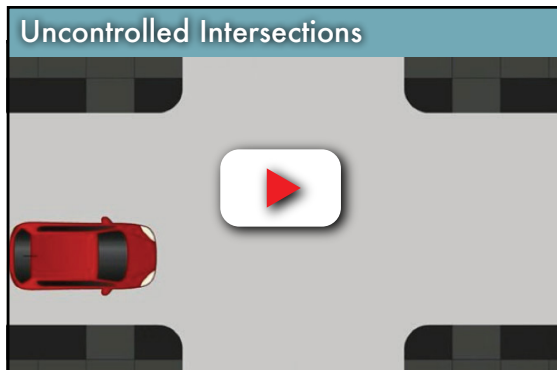
Practice maintaining a safe and consistent speed by only glancing at the speedometer.

Common Errors:

- Speed may fluctuate greatly at first
- New driver may fixate on the speedometer

Sign Learner Gets It:

- Maintains an appropriate and steady speed



Goal:

Help the new driver safely manage intersections without traffic lights or stop signs.

Activity:

Prior to practicing, drive your teen through intersections and talk through the steps and what you observe. Then have your new teen driver practice while applying good scanning technique, slowing down prior to the point of no return, obeying the rules of right-of-way, and turning into the legal lane.

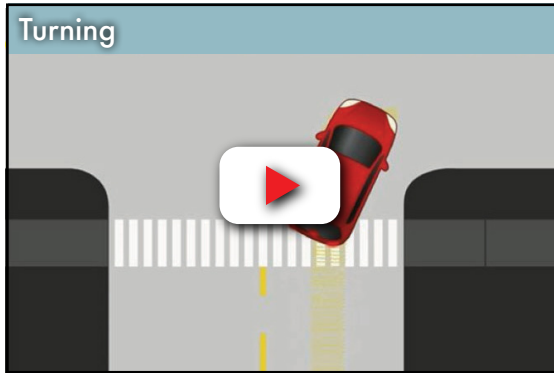
Common Errors:

- Failing to scan and observe potential hazards
- Not slowing down prior to the intersections
- Not turning from or to the appropriate lane

Sign Learner Gets It:

- Shows a solid understanding of right-of-way procedures and turns into the appropriate legal lanes

Residential Roads: Videos 3 & 4 (of 8)



Goal:

Help the new driver maintain the correct position for the car within a lane during turns.

Activity:

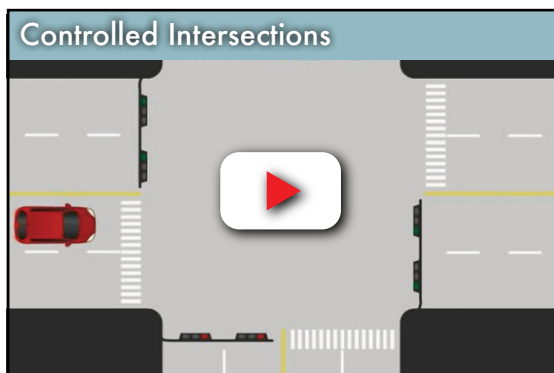
Practice turns in the residential neighborhood while scanning for hazards.

Common Errors:

- Entering a turn too fast
- Over steering or under steering
- Being in the wrong lane or lane position, before or after a turn
- Not knowing the rules of right-of-way or crossing intersections
(Please review those lessons prior to performing this activity.)

Sign Learner Gets It:

- Controls vehicle while turning and observes right-of-way procedures



Goal:

Help the new driver safely manage intersections with traffic lights or stop signs.

Activity:

Prior to practicing, drive your teen through intersections and talk through the steps and what you observe. Then have your new teen driver practice while applying good scanning technique, slowing down prior to the point of no return, obeying the traffic signal / sign, and turning into the legal lane.

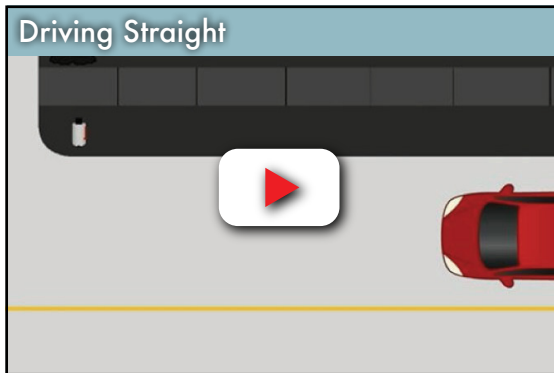
Common Errors:

- Failing to scan and observe potential hazards
- Not slowing down prior to the intersections
- Not turning from or to the appropriate lane

Sign Learner Gets It:

- Can safely manage intersections and identify potential hazards

Residential Roads: Videos 5 & 6 (of 8)



Goal:

Help the new driver maintain the safest position for the car within the lane.

Activity:

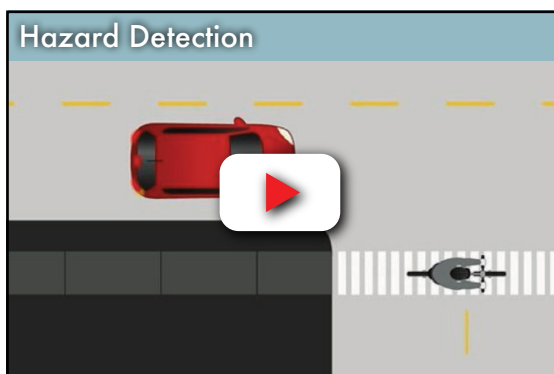
Imagine a yellow line running down the center of the road. Instruct your new teen driver to stay in the center of the lane. The lane shifts over when passing a parked car.

Common Errors:

- Driving too close to the curb or center lane
- Swerving back and forth

Sign Learner Gets It:

- Maintains position in the lane



Goal:

Help the new driver to anticipate risk and spot dangers approaching.

Activity:

During the orientation drive, parent should point out dangers, hazardous situations and dangerous scenarios that could develop. Then, the new driver practices by commenting on all of the hazards seen. Teen should be particularly alert for other vehicles, pedestrians and children running into the street, and areas with a restricted view.

Common Errors:

- Failing to recognize potential hazard
- Not being prepared to react appropriately to hazards
- Not knowing the appropriate reaction to an anticipated danger

Sign Learner Gets It:

- Recognizes and anticipates hazards well in advance and uses caution around him or her.

Residential Roads: Videos 7 & 8 (of 8)



Goal:

To understand the rules that govern the order of traffic at intersections.

Activity:

Parent first goes over the right-of-way rules for each type of intersection. Then while practice driving, the new teen driver should identify the type of approaching intersection and count the number of stop signs at intersections.

Common Errors:

- Not recognizing the type of intersection
- Assuming that another driver will yield the right-of-way
- Not turning from the appropriate lane

Sign Learner Gets It:

- Is able to identify the right-of-way rules that govern each intersection prior to arrival



Goal:

Help the new driver start a scanning routine to detect any potential hazard.

Activity:

To orient the new driver to this task, parent drives along the same route and points out potential hazards. Then, the new driver practices scanning and comments on potential hazards encountered in the neighborhood.

Common Errors:

- Not looking before turning the car
- Looking so hard for other vehicles at intersections and not noticing pedestrians. (Remind your teen to look "Left-Right-Left" before crossing.)

Sign Learner Gets It:

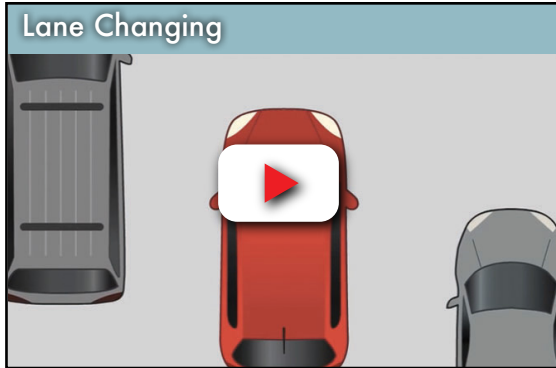
- Looks in the direction the car is going and watches for potential hazards

Intermediate Roads



Look for roads with traffic moving between 25 and 40 mph, with one or two lanes moving in each direction. Roads should have controlled intersections and driveways, with parking lots or parked cars along the sides.

Intermediate Roads: Videos 1 & 2 (of 9)



Goal:

Know how to safely match the traffic speed of the other lane to move into that lane.

Activity:

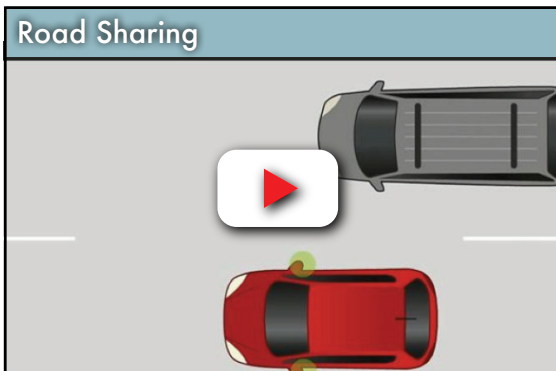
Your new driver should practice changing lanes, being sure to have the turn signal on well in advance, looking ahead and making sure there is space to speed up, checking the side mirrors and blind spot, looking ahead again, adjusting speed to match the speed of the cars in the next lane, and moving into the lane when there is ample space between cars.

Common Errors:

- Over steering when changing lanes
- Turning the wheel when looking in blind spots
- Losing track of the cars around him or her
- Misjudging traffic speed

Signs Learner Gets It:

- Is comfortable checking mirrors and blind spots and returning focus back to the road
- Recognizes danger when looking in mirrors and blind spots
- Recognizes the speed of other cars
- Follows the steps correctly for safely changing lanes without needing any reminders



Goal:

The new driver shows complete awareness of signs, speed limits, and other drivers.

Activity:

Practice checking the mirrors, monitoring speed, locating surrounding traffic, and anticipating the intentions of the other drivers.

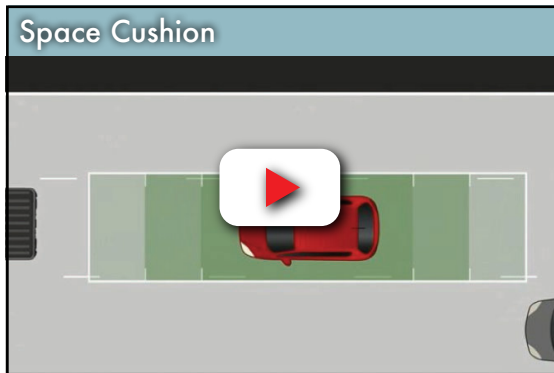
Common Errors:

- Not giving enough extra space to other drivers
- Not checking blind spots
- Becoming upset at risky drivers

Signs Learner Gets It:

- Always checks blind spots
- Is always aware of other road users

Intermediate Roads: Videos 3 & 4 (of 9)



Goal:

Help the new driver learn to maintain an appropriate space on all sides of the vehicle.

Activity:

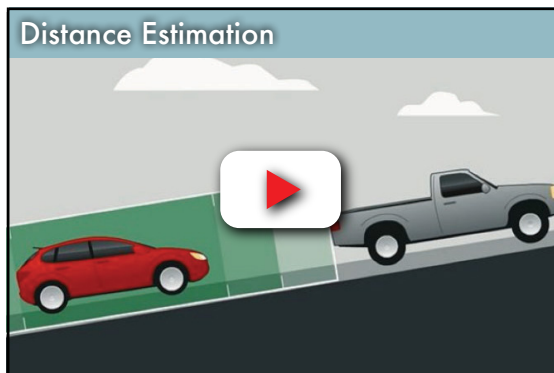
Strive to maintain a safe cushion of space on all four sides of the car.

Common Errors:

- May follow other cars too closely
- May not maintain adequate space on four sides of the car
- Tend to drift to the right of the road

Signs Learner Gets It:

- Leaves space in front according to the distance rules of 1 second of space for every 10 m.p.h.
- Maintains adequate space on all 4 sides of the vehicle



Goal:

Help the new driver learn to estimate the distance between the car and other objects.

Activity:

Work to improve distance estimation skills by reminding your teen of dangers that could happen. Your new teen driver should verbalize when braking for a stop light and, afterwards, say if the brake was too late or just right.

Common Errors:

- Stopping too close to car in front at a red light
- Braking too hard or too late

Signs Learner Gets It:

- Leaves enough space in front of the car when stopped
- Can judge how long it will take to slow down and stop

Intermediate Roads: Videos 5 & 6 (of 9)



Goal:

Help the new driver understand how time of day/week affects other drivers and traffic.

Activity:

Observe other drivers' actions and predict what they will do next. Afterwards, discuss the dangers that you saw on the road and how the new driver adjusted driving behaviors when witnessing other drivers' risky behaviors. Discuss how rush hour may have affected other drivers' behaviors.

Common Errors:

- Not giving risky drivers enough extra space
- Becoming upset at risky drivers

Signs Learner Gets It:

- Takes extra precautions when risky drivers are on the road
- Avoids confrontation by staying calm and driving courteously



Goal:

Help the new driver assess traffic flow, manage speed according to what's on the road and respond to potential dangers.

Activity:

Prior to the drive, discuss what type of dangers you may encounter and the appropriate reactions when you do. During the drive, your teen should practice "pedal management" to control speed and to prepare for stopping, as well as keep track of his or her speed and verbalize when to brake.

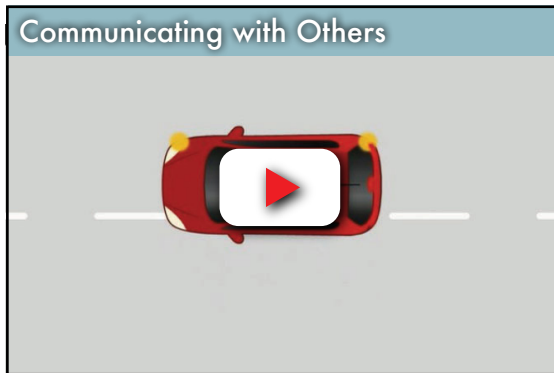
Common Errors:

- May accelerate too quickly
- May feel holding up traffic or letting tailgaters intimidate him or her
- Braking too hard and too late

Signs Learner Gets It:

- Does not exceed the posted speed limit
- Judges situations and traffic appropriately, and makes the correct speed adjustments
- Leaves the appropriate cushion of space around car
- Looks well ahead and is prepared to adjust speed

Intermediate Roads: Videos 7 & 8 (of 9)



Goal:

Help the new driver learn to use signals and brakes to indicate actions and understand how to communicate with other drivers.

Activity:

During the drive, watch for the cues that could predict what a driver would do next. Go over ways your new driver can communicate intentions to other drivers, including using turn signals, eye contact, hand motions, flashing headlights or hazard lights.

Common Errors:

- Assuming other drivers will let him or her go
- Paying too much attention to others' turn signals
- Not signaling until too late

Signs Learner Gets It:

- Understands ways to communicate his or her intentions and uses them on a timely basis
- Looks for a "2nd signal" that confirms the intention of the other car, like the car slowing down or starting to turn



Goal:

Know how to safely drive through or make turns at intersections.

Activity:

Review all of the rules related to intersections, including when allowed to turn and what lane to turn into. Practice entering the intersection only if there is enough space to get all the way through before a light changes.

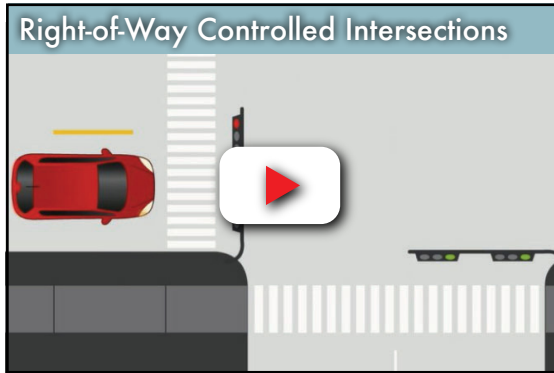
Common Errors:

- May slam on the brakes to stop at a red light
- Speeds up to get through a yellow
- Accelerates too quickly

Signs Learner Gets It:

- Slows down well in advance of red lights and stop signs
- Understands the distance it takes to stop for an intersection and leaves an appropriate distance when stopping

Intermediate Roads: Video 9 (of 9)



Goal:

The new driver understands the right-of-way rules and can act appropriately at controlled intersections.

Activity:

Identify who needs to stop and who can go through each intersection. At intersections with traffic lights, your teen should be able to make a decision about the point of no return and determine when to continue straight or turn.

Common Errors:

- Assuming all stop signs are 4-way stops
- Not stopping before turning right
- Braking too hard and accelerating too fast at intersections

Signs Learner Gets It:

- Knows who has the right-of-way
- Identifies the point of no return
- Understands stale versus fresh green lights
- Stops prior to turning right on red
- Starts slowing down prior to the intersection

Look for busy roads where the primary activities are commercial, such as offices or shops. These roads should have one or two lanes of moving traffic in each direction, with mostly controlled intersections and pedestrian crosswalks and clear lane markings and signage. Look for parking lots and parked cars along the sides, as well as pedestrians, cyclists, gas stations, and shared left turn lanes.

Commercial Roads: Videos 1 & 2 (of 7)



Goal:

Help new driver learn to manage speed according to what's on the road in a commercial zone.

Activity:

First use commentary driving to coach the new driver about everything happening around the car in this environment. Then when your teen practices, point out how often he or she may have to switch back and forth from the gas to cover the brake because of traffic.

Common Errors:

- Lack awareness of what's happening around him or her
- May have trouble making left turns
- May rely too much on brakes

Signs Learner Gets It:

- Looks far ahead for clues to determine need to adjust speed and react appropriately
- Slows down by releasing gas pedal and covering the brake



Goal:

Reinforce right-of-way rules in parking lots.

Activity:

First make sure the new driver understands the layout of the parking lot. Then practice exiting by checking for oncoming traffic, using the Left-Right-Left rule to check for cars, and joining traffic when there is enough space. Go around the block and practice re-entering the lot.

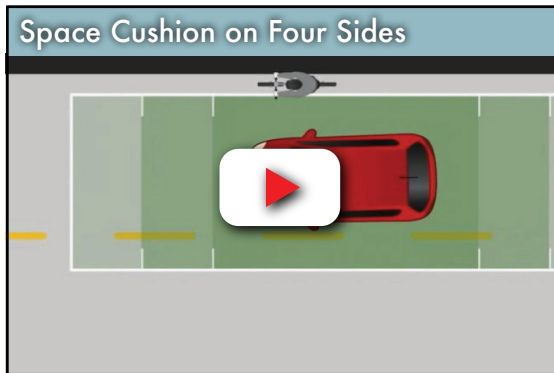
Common Errors:

- May not know the right-of-way rules for entering or exiting the parking lot
- May enter or exit in the wrong spot

Signs Learner Gets It:

- Does not cause surrounding traffic to slow down or swerve
- Can judge the gap between oncoming traffic and exits the parking lot when appropriate

Commercial Roads: Videos 3 & 4 (of 7)



Goal:

Maintain an appropriate space in the front, sides and back of your vehicle.

Activity:

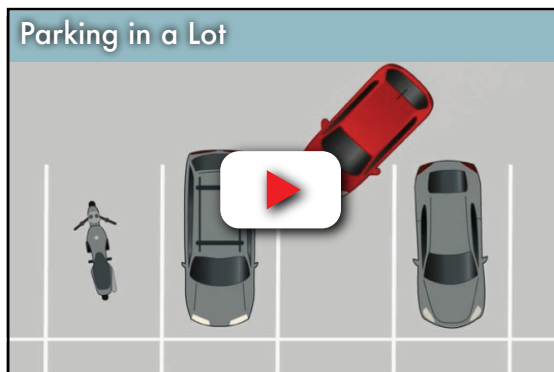
Practice the space cushion concept by scanning mirrors and blind spots and adjusting the space cushion to the changing traffic. Keep as much space as possible between the car and oncoming vehicles and the parked cars on the other side and be ready to respond to unexpected behaviors such as jay walkers or cars pulling out of driveways.

Common Errors:

- May worry about other drivers entering his or her space cushion
- May drift over to the right
- May follow too closely and hit the brake

Signs Learner Gets It:

- Responds to unexpected behaviors safely and cautiously
- Keeps as much space as possible on all four sides of vehicle
- Adjusts the space cushion according to surrounding conditions



Goal:

Help new driver learn to safely move into and out of a parking spot.

Activity:

Demonstrate and talk through the steps of parking in a lot. Then have your new teen driver practice parking, starting in a spot with no cars parked in the adjacent spots. After practicing, try parking with one adjacent spot occupied, then with both occupied. Be sure to pay attention to activity around the car when exiting the spot.

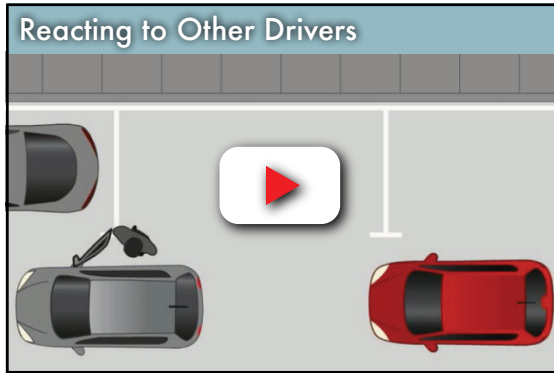
Common Errors:

- May attempt to enter the parking spot while moving too quickly
- May turn too early

Signs Learner Gets It:

- Smoothly maneuvers in and out of parking spots
- Understands the potential hazards in a parking lot and takes all necessary precautions
- Checks for hazards before and during the maneuver and reacts appropriately to them

Commercial Roads: Videos: 5 & 6 (of 7)



Goal:

Interpreting and reacting safely to other drivers' intentions.

Activity:

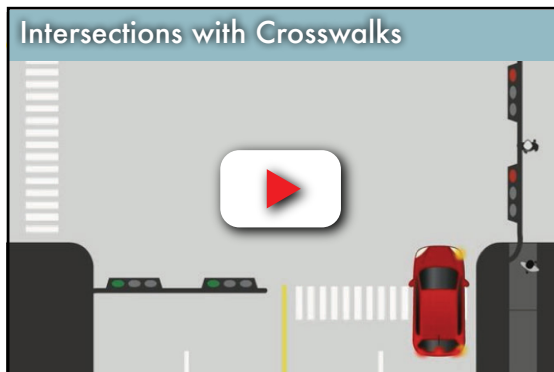
Look for examples around the car to observe other drivers' behavior. Ask: "What do you think that car ahead of you will do next?"

Common Errors:

- May not recognize what other drivers are trying to do
- May not know what to anticipate

Sign Learner Gets It:

- Scans a wider range in a commercial area and accurately predicts other road users' actions



Goal:

Help new driver learn how to manage intersections in a commercial environment.

Activity:

Practice going through intersections while watching out for hazards and following the right-of-way rules. Watch for pedestrians when turning, and only enter the intersection to turn when the path is clear and there are no hazards.

Common Errors:

- Often do not look for pedestrians when turning right
- May not expect jay walkers
- May become impatient when waiting to make a turn

Signs Learner Gets It:

- Understands who has the right-of-way at every type of intersection
- Makes left turns safely

Commercial Roads: Video: 7 (of 7)



Goal:

Knowing what the potential risks are in the commercial environment.

Activity:

Encourage the new driver to point out potential risks and critical street signs. Make sure to remind your teen to adjust driving to accommodate for potential hazards and new road information.

Common Errors:

- May not realize the number of risks around him or her
- May not adjust driving to hazards

Signs Learner Gets It:

- Identifies and reacts appropriately to direct risks and indirect risks
- Looks for critical information and reacts accordingly

Speeds range between 55 to 70 mph. Ideally, the learner should drive on highways with a driver ed instructor before practicing with a parent. Usually, driving on 3-lane highways with paved shoulders is easier than 2-lane highways without paved shoulders. Begin during the day with dry pavement and no adverse weather. Avoid: Night, rush hour, adverse weather, heavy traffic, and active school zones until learner is not making common errors in easier, less risky, conditions.

Highways: Videos 1 & 2 (of 9)



Goal:

Help the new driver learn to safely enter and exit highways.

Activity:

To enter the highway, follow the same steps as changing lanes on intermediate roads. The new driver should signal his or her intent, build speed to match the traffic, check mirrors and blind spot, and then merge into a gap in traffic. When exiting, slow down when in the exit lane, well in advance of the turn, and then watch speed carefully when on other roads.

Common Errors:

- Not aware of cars ahead in the acceleration lane
- May stay in acceleration lane too long
- Sometimes not comfortable checking blind spots with a head check
- May signal too late when exiting

Signs Learner Gets It:

- Consistently checks traffic to evaluate whether the gap is sufficient and his or her speed has matched the traffic
- Yields right-of-way to through traffic
- Plans ahead for the exit
- Is comfortable waiting for the next exit if missed opportunity



Goal:

Know where the signs are on a highway and be able to read them quickly.

Activity:

Before the practice drive, discuss highway signs and what to do when approaching each one. While on the practice drive, the new driver should practice identifying exit signs, tolls, landmark signs and work zones. Your teen should verbalize how to react to each sign.

Common Errors:

- Sometimes does not understand what some signs mean and becomes distracted
- Takes eyes off of road for too long

Signs Learner Gets It:

- Understands what signs mean
- Reacts appropriately to highway signs
- Does not divert attention from traffic while reading signs at high speeds

Highways: Videos: 3 & 4 (of 9)



Goal:

Watching the blind spots at higher speeds.

Activity:

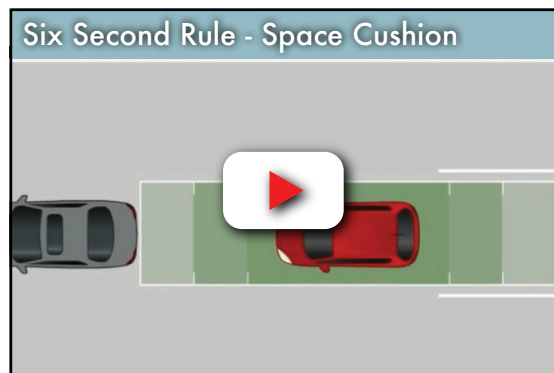
The new driver should practice looking over his or her shoulders to check for blind spots. Drivers should be comfortable checking blind spots even at highway speeds.

Common Errors:

- Thinks blind spots can be seen by only using the mirrors
- May not recognize blind spots on both sides of the car
- May not realize blind spots vary by vehicle
- Does not know a blind spot can appear in front when view is obstructed by a truck ahead
- Sometimes forgets to do head checks

Signs Learner Gets It:

- Checks mirrors every 20 to 30 seconds, or more if the highway is crowded
- Does head checks for blind spots
- Leaves extra space in front when following a truck



Goal:

Help the new driver learn to leave six seconds between his or her car and the car ahead.

Activity:

Drivers should leave one-second of separation for every 10 mph travelling, so on the highway, they should leave about six seconds. Identify a marker that's next to the car ahead and count six seconds. If you pass the marker before reaching 6,000, you are driving too closely.

Common Errors:

- May follow too closely
- May not realize he or she is tailgating
- Responds too much to the car behind

Signs Learner Gets It:

- Uses the six second rule to maintain space cushion
- Adjusts speed according to traffic density
- Does not tailgate

Highways: Videos: 5 & 6 (of 9)



Goal:

Know how to react to changes in traffic due to lane closures, accidents, and work zones.

Activity:

Go over some examples of traffic obstructions and ask how the new driver would react. Your teen should watch out for cues that may indicate disruptions in traffic, including brake lights, emergency lights, merge signs, lane closure signs, or detour signs.

Common Errors:

- May not realize the need to lower speed at the appropriate time
- May not realize the need to merge, or may try to race ahead of other cars

Signs Learner Gets It:

- Identifies changes in traffic and adjusts accordingly
- Is aware of how other drivers react to traffic disruptions



Goal:

Help the new driver understand the cues from other drivers.

Activity:

Practice observing and monitoring the other cars. Watch for drivers who may be lost, distracted or aggressive. Be sure to give these drivers extra space.

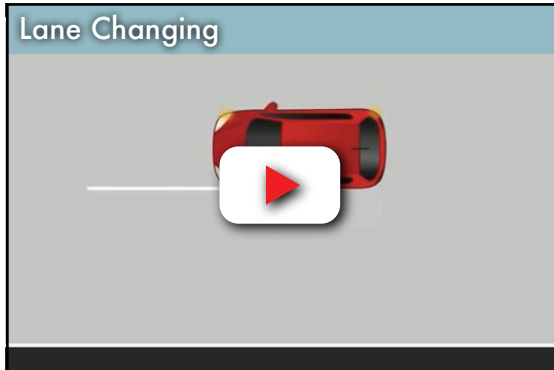
Common Errors:

- May not identify or recognize aggressive drivers
- May not be watching side mirrors for fast cars

Signs Learner Gets It:

- Assumes the worst of other drivers; other drivers can act unexpectedly
- Is aware of aggressive drivers well in advance and increases space cushion

Highways: Videos: 7 & 8 (of 9)



Goal:

Help the new driver learn to move from one lane to another.

Activity:

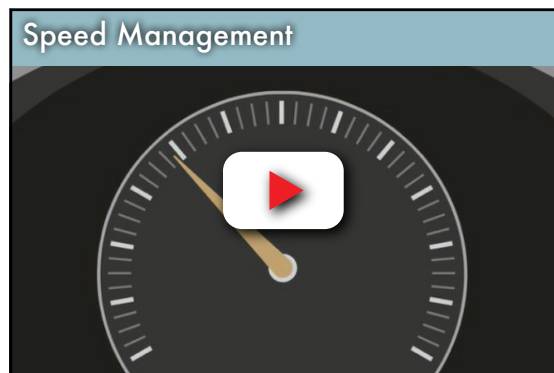
The new driver should demonstrate awareness of other surrounding cars by identifying the other cars by color. When consistently aware of the surrounding cars, follow the same steps to lane change as in the Intermediate Roads Environment: Signal well in advance, look ahead and make sure there is space to speed up, check side mirrors and blind spot, look ahead again, adjust speed to match the speed of the cars in the next lane, and move into the lane when there is ample space between cars.

Common Errors:

- May automatically take foot off the gas when changing lanes
- May be nervous when passing vehicles, especially large trucks
- May hesitate to make a lane change
- Focuses too much on the cars in the lane

Signs Learner Gets It:

- Correctly judges distance necessary to pass
- Changes lanes and passes other vehicles appropriately
- Allows other vehicles to pass or change lanes safely by adjusting the space cushion



Goal:

Know how to adjust speed according to the traffic and road conditions.

Activity:

The new driver should practice keeping his or her speed within a 5 mph range. Discuss how to adjust speed to the road conditions, traffic and terrain. Make sure your teen recognizes and adjusts speed for hills.

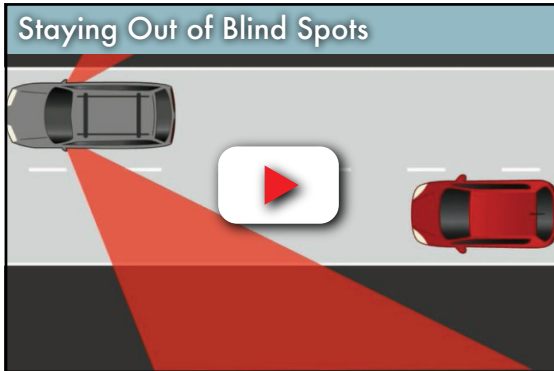
Common Errors:

- Follows cars too closely
- Has trouble keeping speed consistent
- May speed up if car is following too closely

Signs Learner Gets It:

- Maintains or adjusts speed as needed
- Is not intimidated by tailgaters to speed
- Makes the necessary speed adjustments to accommodate varying road conditions

Highways: Video: 9 (of 9)



Goal:

Helping the new driver stay visible and stay out of other drivers' blind spots.

Activity:

Practice staying out of the blind spots of other cars by maintaining a reasonable space cushion and positioning the car where the surrounding cars can see it.

Common Errors:

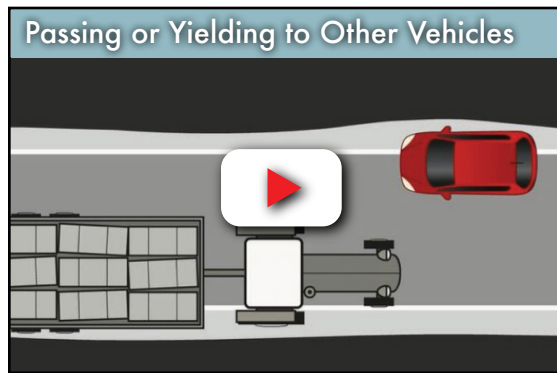
- May not recognize that trucks have bigger blind spots
- May forget to use signals or brake lights

Signs Learner Gets It:

- Identifies other vehicles' blind spots and avoids driving in them
- Knows trucks and busses have larger blind spots and leaves extra space
- Repositions the car when traveling in someone's blind spot

Look for narrow roads with no shoulder that have 1 lane in each direction, straight and curvy sections, and some hills. Intersections should be far apart, and there could be adjacent parks, developments, or driveways. Speed limits may vary; there are often warning signs and speed signs around curves and hills.

Country Roads: Videos 1 & 2 (of 2)



Goal:

Know when and how to safely pass in rural areas.

Activity:

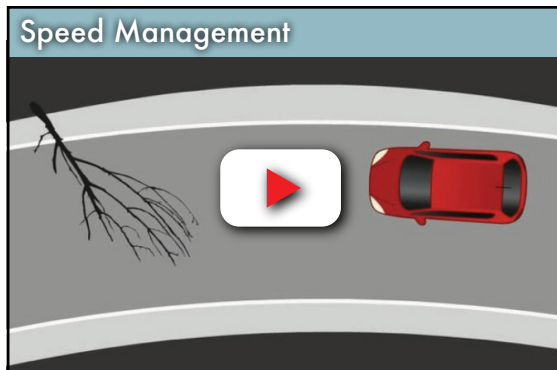
When there is not much room, if you see a vehicle approach, slow down and pull over to make room. Practice yielding and communicating to other vehicles at intersections or curves by using your horn, headlights or eye contact to show your intentions.

Common Errors:

- May pass at too fast of speed
- Forces other car off the road or worse!

Signs Learner Gets It:

- Pulls over early to allow safe passing
- Is not afraid to stop to allow other vehicles to go by
- Is courteous
- Communicates with other drivers
- Is aware of other vehicles behind his or her vehicle



Goal:

Know how to navigate a route.

Activity:

Practice managing speed as the line of site and the road conditions change. Ease up on the gas and use the brake to control speed as you go down hills and around tight curves. Use your imagination to present some hypothetical situations as your teen drives.

Common Errors:

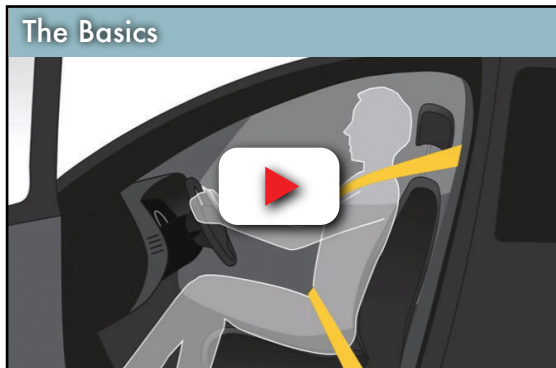
- May not be familiar with potential hazards in rural areas like animals, other vehicles or blind curves and hills
- Tends to drift toward the right
- May have trouble controlling speed

Signs Learner Gets It:

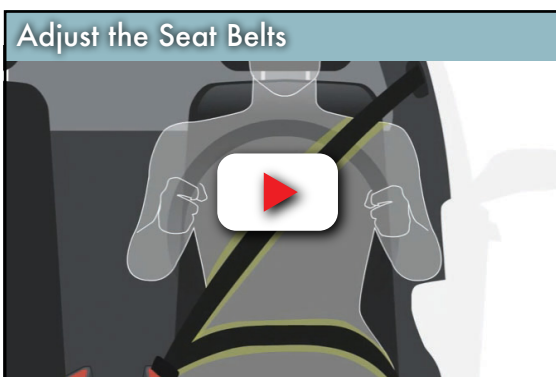
- Never exceeds the posted speed limits.
- Adjusts speed to the road conditions
- Looks out for animals and other obstructions
- Manages speed effectively

Practice these lessons while the car is safely parked in your own driveway.

The Basics: Videos 1 & 2 (of 6)



There's no better place to start than the basics. It's not just a matter of comfort, it's a matter of safety. Watch this video to help your teen learn how to adjust the seat, mirrors, seat belts, and steering wheel and understand the dashboard.



Goal:

Help the new driver learn how to properly adjust the seat belts.

Activity:

Have your teen adjust the seat belt so it is low across the hips. The shoulder belt should be across the chest and never across the front of the neck, behind the back, or under the arm.

Common Errors:

- Lap belt on stomach instead of across hips
- Wrongly adjusted shoulder belt
- Seat belts too loose

Sign Learner Gets It:

- Wearing properly adjusted seat belts becomes a habit

The Basics: Videos: 3 & 4 (of 6)



Goal:

Help the new driver learn how to properly adjust the steering wheel.

Activity:

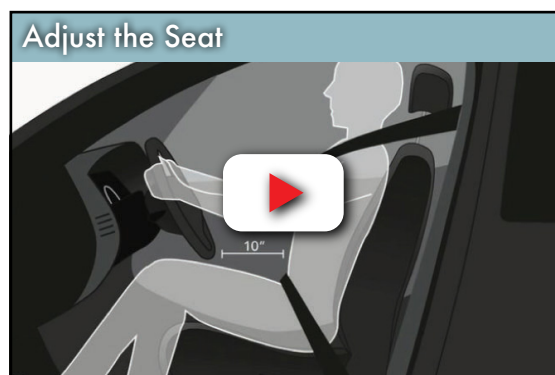
Have your teen adjust the steering wheel so that the top of the wheel is no higher than the top of the shoulders. Move the steering wheel up and down until it feels comfortable and can easily maintain a 9 and 3 o'clock position.

Common Errors:

- Steering wheel may obstruct the teen's view
- Too far or too close away

Sign Learner Gets It:

- Checks the feel of the wheel each time when getting into the driver's seat



Goal:

Help the new driver learn how to properly adjust the seat for comfort and safety.

Activity:

Have your teen adjust the seat so both hands are at the 9 and 3 o'clock positions and the stomach is 10 inches from the steering wheel. The top of the head rest should be about 3 inches below the top of the head. Your teen should be able to easily switch the foot from the brake to the gas pedal.

Common Errors:

- Not having a clear view of the entire landscape out the windshield
- Sits too far or too close to the steering wheel or pedals
- Slouching too low in the seat

Sign Learner Gets It:

- Can easily adjust seat each time

The Basics: Videos: 5 & 6 (of 6)

Understanding the Car



Goal:

Help the new driver understand the location and operation of the dashboard controls and indicators.

Activity:

Go over the car owner's manual with your teen behind the wheel. Have your teen practice operating the controls, telling you what each control is used for and what the indicator lights mean.

Common Errors:

- Lack of understanding of the operation of controls
- Spending too much time searching for the controls
- Confusion about indicator lights

Sign Learner Gets It:

- Can easily tell you where the controls are and what they do

Adjust the Mirrors



Goal:

Help the new driver learn how to properly adjust the mirrors.

Activity:

Have your teen adjust the side mirrors to view just a small portion of the side of the car as a reference. Adjust the rearview mirror to see the best full view possible out the back window. Check your teen's mirror adjustment by walking outside of the car and asking if you can be seen in the mirrors.

Common Errors:

- Not having a clear view to the sides and rear of the car
- Blind spots are too large

Sign Learner Gets It:

- Adjusts mirrors as a habit before each drive

Additional Challenges



Practice when the learner has shown competence in completing the goals in the six environments during the day and is ready to learn about and practice them in more challenging driving conditions, such as in inclement weather or at night.

Additional Challenges: Videos 1 & 2 (of 6)



Goal:

Know how to adjust driving to dark conditions.

Activity:

Practice driving at night. New drivers may be surprised at how much visibility is reduced, especially when roads are wet. Be sure your teen knows to turn on the headlights and when it is appropriate to use high beams.

Common Errors:

- May drive too fast for the conditions
- Has trouble identifying lane markings

Signs Learner Gets It:

- Drives at the appropriate speed for the road conditions
- Uses high beams appropriately
- Drives with correct lane placement at night



Goal:

Know how to navigate a route.

Activity:

Go over some examples of traffic obstructions and ask how the new driver would react. Your teen should watch out for cues that may indicate disruptions in traffic, including brake lights, emergency lights, merge signs, lane closure signs, or detour signs.

Common Errors:

- May not realize the need to decrease speed at the appropriate time
- May not realize the need to merge or may try to race ahead of other cars

Signs Learner Gets It:

- Identifies changes in traffic and adjusts accordingly
- Is aware of how other drivers react to traffic disruptions

Additional Challenges



Additional Challenges: Videos: 3 & 4 (of 6)



Goal:

Know how to adjust driving to bad weather conditions.

Activity:

Visibility and traction are greatly reduced in inclement weather, so practice driving more slowly and leave extra space. Make sure the new driver knows that it is okay to seek alternate routes if feeling unsafe, or avoid driving altogether when the weather gets bad.

Common Error:

- May drive too fast for weather conditions

Sign Learner Gets It:

- Prepares the car before driving according to the conditions



Goal:

Know the risks in each driving environment.

Activity:

Discuss with the new driver the most common hazards in each environment. Remind your teen to always be prepared for unexpected risks.

Common Errors:

- Lack of knowledge of the expected risks in each environment
- Not knowing how to react to risks by adjusting speed and space cushion

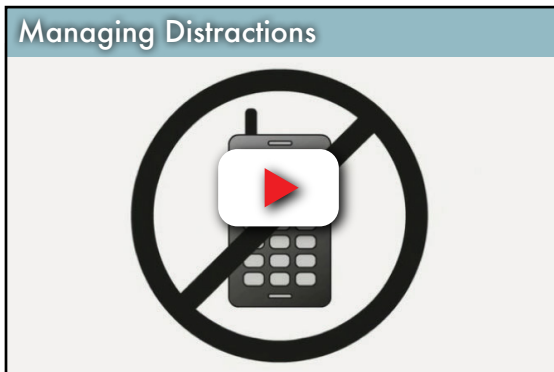
Sign Learner Gets It:

- Identifies and looks for all the typical risks in every environment and keeps eye out for others

Additional Challenges



Additional Challenges: Videos: 5 & 6 (of 6)



Goal:

Know how to manage distractions while driving.

Activity:

Ask the new driver to describe distractions and how to minimize them while driving. Be sure that this activity doesn't become a distraction itself, or practice it outside of the car. Remember that distractions can be inside or outside of the car.

Common Error:

- Driver may identify distractions but have trouble eliminating them while driving

Sign Learner Gets It:

- Identifies distractions and actively minimizes them while driving



Goal:

Know how to be ready for the unexpected.

Activity:

Discuss hypothetical emergencies and what the appropriate steps would be in each situation. The new driver should know what to do if lost on the road, the car breaks down or in an accident.

Common Errors:

- Lack of awareness
- Thinking it will never happen

Signs Learner Gets It:

- Knows how to deal with the most typical emergencies: flat tire, car failure, accident, or getting lost
- Keeps calm under pressure



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